MANHATTAN HEADACHE & NEUROLOGY Audrey L. Halpern, M.D. (646) 648-3793

Headache Calendar

Record headaches when they occur with an X, rating from 1-10 in severity. Also note side effects ie nausea, light sensitivity, dizziness. You may also need to record medications taken, triggers such as foods eaten, menstrual cycle, sleep habits, and caffeine intake.

Month:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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